



**Children's Clinic of Wyomissing**

2240 Ridgewood Road, Suite 100  
Wyomissing, PA 19610  
(610) 376 8691 / Fax (610) 376 8745



**Instructions for use of the Aerochamber**

1. Remove the caps from the mouthpieces of the metered dose inhaler (MDI) and the Aerochamber.
2. Check the inside of the Aerochamber for any loose or foreign objects. Make sure that all the parts are in place.
3. Place the inhaler mouthpiece into the oval opening in the soft rubber-like end of the Aerochamber.
4. Holding the Aerochamber and inhaler firmly, shake vigorously 3 or 4 times.
5. Exhale, then place the mouthpiece of the Aerochamber into your mouth and close your lips.
6. Spray one puff from the inhaler into the Aerochamber and begin to breathe in slowly.
7. Breathe in slowly and deeply through your mouth until a full breath is taken.  
NOTE: YOU SHOULD NOT HEAR A WHISTLING SOUND. IF YOU HEAR A WHISTLING SOUND, YOU ARE BREATHING TOO FAST.
8. Hold your breath for 5-10 seconds
9. Repeat steps 4 to 8 as directed by your doctor, and wait at least 1 minute between puffs.
10. Remove the inhaler and replace the protector caps on both the Aerochamber and inhaler.

**Cleaning Instructions**

1. Remove the mouthpiece cap and soft rubber-like end from the Aerochamber that holds the metered dose inhaler (MDI).
2. Soak the Aerochamber parts in a basin filled with clean, warm water using mild soap to loosen any residue.
3. Rinse the Aerochamber parts in a basin filled with clean, warm water using gentle motion.
4. Lightly shake away excess water droplets and place on a clean surface to air dry.
5. Replace the soft rubber-like end onto the Aerochamber in the proper position. Replace the mouthpiece cap.
6. Make sure that the Aerochamber is completely dry before use.